



To request the free voluntary services of  
A Helping Hand: Mother to Mother and a  
Family Support Specialist:  
Call the intake unit at the Cambridge-  
Somerville Department of Social Services  
office at **617-520-8800**

or visit the office at  
**810 Memorial Drive, Cambridge**



## A Helping Hand: Mother to Mother

A joint program of  
Department of Public Health  
Department of Social Services

Department of Public Health  
250 Washington Street, 5th floor  
Boston, MA 02108

Project Director: John Lippitt  
Phone: 617-624-6017  
Email: [John.Lippitt@state.ma.us](mailto:John.Lippitt@state.ma.us)

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## A Helping Hand: Mother to Mother



**Do you have a new baby?**

## Are you concerned about your use of drugs or alcohol during pregnancy?

If you struggled with illegal drug or alcohol use during your pregnancy, and you want help to:

- Stop using drugs or alcohol now
- Be a great mother for your baby
- Make sure your baby is doing well

### And you are a mother:

- Who lives in Cambridge or Somerville
- Whose baby is under 3 months old
- Who used an illegal drug during pregnancy or is under 21 and drank alcohol during pregnancy

Then A Helping Hand: Mother to Mother is ready to help you!



## A Helping Hand: Mother to Mother will help you!

A Family Support Specialist will be assigned to you. She is a mother who has successfully stopped using drugs or alcohol and who has been trained to assist you. She will:

- Support you
- Help you be a great mother
- Work with you to get you the help *you* want

A Helping Hand: Mother to Mother is voluntary. Its resources, including your Family Support Specialist, are free.

### How do I learn more?

To learn more about these free voluntary services, call the intake unit at the Cambridge-Somerville Department of Social Services office at **617-520-8800**

or visit the office at  
**810 Memorial Drive, Cambridge**

The entrance is around the corner from Memorial Drive on River Street. It is about a 15 minute walk from the Central Square stop on the MBTA's Red Line.

## If I sign-up, what happens next?

After an intake interview at the Department of Social Services:

You will be assigned a social worker and a care coordinator who will link you to your **Family Support Specialist**.

Your **Family Support Specialist** will contact you within a few days to begin to support you, help you learn to nurture your baby, and work with you to identify the help you want.

When you and your **Family Support Specialist** are ready, a team meeting will be held to discuss the assistance you want and develop a formal plan to obtain it.

## How long will the Family Support Specialist work with me?

There is no set limit on how long she can work with you. She will work with you to help you achieve your goals for as long as her assistance and support are needed.